

## 9 PILLARS OF WELL-BEING

## DETOXIFICATION



CANSURVIVE CENTRE MALAYSIA  
A NON-PROFIT CANCER CHARITY ORGANIZATION

## THE BASELINE FOR PHYSICAL WELL-BEING

(This is the third of a 9-part educational series brought to you by CanSurvive.)



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\*All Timelines in MYT (UTC + 8:00)

Time*	Topics	Speakers
0830 – 0845	Zoom opens	Mr. Suresh Dhawan
0845 – 0900	Welcome, Introduction & House Rules	Mr. Suresh Dhawan
0900 – 0915	Introduction and Itinerary Pillar - D: Detoxification	Mr. Suresh Dhawan / Dr. Siby
0915 – 1015	The Science Behind Detoxification	Dr Noorul Ameen Abdul Rahman 1
1015 – 1115	The Baseline – Cleansing for Vibrant Gut Health	Madam Heang Sen Yein 2
<b>1115 – 1145</b>	<b>Tea Break</b>	
1145 – 1245	Colonic Irrigation – A Practical Approach	Dr. Jannie Chew 3
1245 – 1300	<i>CanSurvive Updates</i>	Mr. Suresh Dhawan
<b>1300 – 1400</b>	<b>Lunch Break</b>	
1400 – 1500	Combining Science and Faith – Accessing the Wisdom of the Body to Detoxify	Fr. Joe Pereira 4
1500 – 1600	Detoxification in Ayurveda	Dr. Siby 5
<b>1600 – 1615</b>	<b>Tea Break</b>	
1615 – 1715	Heavy Metal Detoxification	Prof. Dr. Thomas Rau 6
1715 – 1730	<i>Quiz</i>	
1730 – 1745	Closing Remarks & Gratitude	Dr. Siby

## CanSurvive &amp; Its Purpose

CanSurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word “Terminal” is a challenge, not a death sentence.

Date : Saturday, 23<sup>rd</sup> October 2021  
Time : 8:30 am to 5:45 pm  
Venue : Online via ZOOM

<https://tinyurl.com/cd97ta75>



Organised by:

CanSurvive Centre Malaysia Berhad (903023-M)

WEB : [www.cansurvive.org.my](http://www.cansurvive.org.my)

Facebook : CanSurvive Malaysia



### The Science Behind Detoxification

**Dr Noorul Ameen Abdul Rahman** is a leading Naturopath, primarily working in the field of Metabolic, Neurological, Hormonal and musculo-Skeletal disorders. He believes in Holistic approach, an integrated approach to optimal health care, with the use of Natural Medicine, Diet and lifestyle changes. He specializes in creating System based detoxification programs and individual wellness solutions. With his vast working experience for more than 15 years in the field of natural medicine and Yoga science, he works with a growing list of clients around the world. Specialties: Anti-Aging Medicine, Auto-Immune disorders, Stress, Anxiety and Mood Disorders; Weight Loss, Detoxification, Preventive medicine, Cancer Support, Diabetic care, Renal Health, Preventive Cardiology, Neurological Conditions and Corporate wellness.



### The Baseline – Cleansing for Vibrant Gut Health

**Madam Heang Sen Yein** is the Founder of AyurCo Wellness. She was a clinical nurse for 30 years in Australia, and retired in 1999. At that time she was in pain and had much damage from two spinal surgeries, a motor accident, liver damage, stress and the medication that she had to take. It was then that she introduced to Ayurveda. She attended a talk. She was inspired and underwent a 3-years of practitioner training in Perth, with the Founder President of Ayurvedic Medicine Association of South Africa.

Using this new found system, she was able to regain her health, although it took much diligence and willpower. She returned to Malaysia in 2004, looking forward to a quiet life. However with her experience and passion for sharing her own journey towards healing and the ability to share this knowledge, she continued her work. What started as informal sharings grew into formal sharing as she saw the need for it. She conducts sessions in Mandarin and English. Over 10 years later and having taught all around the country and region, Sen Yein continues her work, and her love of sharing sees her through. She runs every morning. She is also a hiker. She has run in marathons and hiked in various countries in the region.



### Colonic Irrigation – A Practical Approach

**Dr. Jannie Chew** Dr Jannie Chew's nursing experience developed her compassion for ill people. This propelled her to the study of non-invasive non-toxic ways to improve health and speed up the healing process. In 1984, she studied with the late Dr Bernard Jensen, a teacher in naturopathic medicine, in USA. In 1985, she founded Natural Therapy Centre, where she offers consultations, programmes and classes that promote natural way to health. Her treatment methods include Iridology, Nutrition Counselling, Colon Hydro Therapy and Ancient Chinese Health Secrets. She uses relaxation for patients to speed the natural detoxification of organs.

In 1991, she founded the AIDs Service Centre, a non-profit organisation dedicated to promoting AIDs prevention work. Their service included AIDS counselling and a hotline manned by trained volunteers. On her retirement in 2004, she has been concentrating on educating people about Climate Change and its consequences, especially for the future generations. Dr Jannie Chew continues to give talks on the implications of HIV / AIDS.



### Combining Science and Faith – Accessing the Wisdom of the Body to Detoxify

**Rev. Father Joseph H Pereira** is the Founder Trustee of the Kripa Foundation, which is devoted to the care, support and rehabilitation of those affected by chemical dependency and HIV & AIDS. Since its inception in 1981 in Mumbai, the Kripa Foundation has grown exponentially and forms a vital link to providing social stability in thirteen Indian states through various multifunction facilities and also has associations with facilities in Europe, Canada and the United States.

Rev, Father Joseph Pereira holds a Masters in Psychology and Philosophy from University of Bombay, Licentiate in Divinity from Bombay & Poona, Certifications in Counselling Theory & Practice & expertise from the Hazelden Institute of Minnesota. Starting off as a patient, and then a pupil, he has been involved for decades with yoga. He later became a practitioner and then a Certified Trainer. In recent decades he has become a friend, associate and an International Mentor of the Gururji B.K.S. Iyengar School of Yoga, Poona.

Father Joseph Pereira is an Adjunct Professor in Yoga Philosophy & Psychology at various Indian universities and Catholic institutions and at the four regional Seminaries in Bombay, Goa, Pune and Nagpur. He has also received several awards in his 36 years of work with the marginalized, including : Life time award by the President of India, Padma Shri Award by the President of India, International Yoga Journal "Karma Yogi of the Year" (2007).



### Detoxification in Ayurveda

**Dr C. D Siby** is the Chief Ayurvedic Physician at Ayur Centre Sdn Bhd, Malaysia. Although he has a sound understanding of modern medical, paramedical sciences and yoga, he has chosen to practice Ayurveda. He obtained his Bachelor of Ayurvedic Medicine and Surgery from Madras University. Although currently residing in Malaysia, most of his initial work and experience were from India, where he comes from.

While in India, Dr Siby had conducted Medical Camps in rural areas of Tamil Nadu and Kerala. He also had gained experience and insight into treating cancer, kidney failures and connective tissue diseases, from Amala Cancer Institute, also in India. His work has been published in several newspapers and health journals. He has also published a book "Knowledge of Life : Tales of an Ayurvedic Practitioner in Malaysia". He is also the recipient of the "Ambassador of Peace" Award, by the Universal Peace Federation.

Dr Siby is currently the President of CanSurvive Centre Malaysia.



### Heavy Metal Detoxification

**Prof. Dr. Thomas Rau**, Dr. Thomas Rau is recognized today, as being the creator of biological medicine. Biological medicine essentially is a new system of medicine, combining various elements of alternative medicine and Swiss medicine, a distinct medical tradition that is dated back 500 years to the original Paracelsus. Among his many innovations are the integration of medical and dental treatment, the use of darkfield microscopy as a diagnostic tool, new methods of enhancing detoxification and restoring immune strength, and highly successful treatment protocols for over a dozen disorders, including cancer, autoimmune disease and Lyme disease.